



[www.thewoodlandstownship-tx.gov/races](http://www.thewoodlandstownship-tx.gov/races)





**Memorial Hermann 10 FOR TEXAS & ONE 4 TEXAS**  
**Market Street    The Woodlands, TX    October 13, 2012**

## **Participant Information**

### **Message from The Woodlands Township Board Chairman – Bruce Tough**



On behalf of the more than 100,000 residents and 2,000 businesses in The Woodlands, Texas, I want to extend a warm welcome to all of you here for the 7<sup>th</sup> Annual Memorial Hermann 10 for Texas and 5<sup>th</sup> Annual One 4 Texas races.

The Woodlands welcomes you with eight million square feet of shopping, dining, hospitality and entertainment venues, and more than 190 miles of pathways and 124 parks. While here, you may enjoy a Water Cruiser ride along The Woodlands Waterway® or hop aboard The Woodlands Waterway® Trolley for a free ride throughout our downtown area.

We wish you a safe and rewarding experience in the Memorial Hermann 10 for Texas and One 4 Texas races. To the athletes, your hard work and commitment in preparation is inspiring to us all! To all the family, friends and fans, enjoy the beautiful environment of The Woodlands! We're glad you are here!

Sincerely,

*Bruce C. Tough*

Chairman of the Board

The Woodlands Township

### **Message from the Race Directors**

It is The Woodlands Township Parks and Recreation Department and Luke's Locker's pleasure to welcome you to the 7<sup>th</sup> Annual Memorial Hermann 10 for Texas and 5<sup>th</sup> Annual One 4 Texas. The race is produced by the The Woodlands Township Parks and Recreation Department and Luke's Locker.

To keep our racers safe, the race will have more than 90 police officers along the course, 300+ volunteers, and four (4) Hydration Stations. That said, *please read this packet as an educated athlete is a happy, safe, and successful athlete!*

**Participant information** is available from the website. Each participant is responsible for knowing all information and/or instructions pertaining to race day. Please refer to our website for more information: [www.thewoodlandstownship-tx.gov/races](http://www.thewoodlandstownship-tx.gov/races).

We hope you have an enjoyable time along the 10-mile course which is certified and sanctioned by USA Track & Field. Please take the opportunity after the race to enjoy the community and area sights. *Did you know that The Woodlands was designated as an RRCA designated Runner Friendly Community and a Bike-Friendly Community through the League of American Bicyclists?*

Finally, have a good safe race. Good sportsmanship is still a priority, so keep it friendly and fun, but RACE HARD. Remember to Hydrate, Hydrate, Hydrate! The Woodlands Township and Luke's Locker wishes everyone the best of luck and a memorable race! Upon completion of the race, all participants are invited to participate in our Texas Sized Post Race Party at Central Park at Market Street.

The Woodlands Township and Luke's Locker thanks all the athletes, volunteers, spectators and sponsors that make this event the success it is! Please take time to thank a volunteer and sponsor. Without their help this event would not be possible. We hope you enjoyed your visit to The Woodlands and hope to see you again next year. Mark your calendar for October 12, 2013.

Angel Nicks and Kelly Dietrich  
*Co-Race Directors*

**Driving and Parking Directions – refer to website and map of the Woodlands area.**

<http://www.thewoodlandstowship-tx.gov/index.aspx?NID=703>

### **Participant Parking, Spectator & Overflow Parking**

**\*\*\*THERE WILL BE NO PARKING AT MARKET STREET\*\*\***

Participant, Spectator & Overflow Parking will be at the **Town Center Parking Garage** (aka Cynthia Woods Mitchell pavilion garage) located at the corner of Six Pines and Lake Robbins Drive and The Woodlands Methodist Church, 2200 Lake Woodlands Drive. Spectators are encouraged to line the race route and cheer on the racers. Parking is free. Please arrive early and stay for the Texas Sized Post Race Party.

### **Packet Pick-up – hosted by Luke's Locker**

All participants are required to pick up their participant race packet. The participant race packet contains the official race number with timing device. Your race packet will not be mailed.

Participant information will **NOT** be in the race packet, but is available from the website. Each participant is responsible for knowing all information and/or instructions pertaining to race day. To help expedite packet pick up - ***Please familiarize yourself with these procedures for packet pick up!***

#### **Procedure: Before leaving your house ....**

1. Check the location and times. Packet Pick-up is at various locations (see below).
2. Race packets are organized by race number. **YOU NEED TO KNOW YOUR BIB/RACE NUMBER TO PICK UP YOUR PACKET!**

You can check your race numbers 3 ways:

- ✓ They were emailed to you
- ✓ You can [look up your bib number](#), or
- ✓ They will also be available at each location.

#### **Packet Pickup Procedures:**

1. Every participant or official designee must pick up his/her race packet in order to participate in their race.

2. Packet Pickup is located in Luke's Locker prior to race day and in front of Tommy Bahamas at the designated tents at the corner of Pavilion Way and South Market Street, Market Street 9595 Six Pines, The Woodlands, TX 77380 on race day. Please proceed in an orderly fashion to the packet pick up area.
3. Race packets are organized by race, then by race number. Line up
4. **YOU NEED TO KNOW YOUR BIB NUMBER TO PICK UP YOUR PACKET!**
5. Get your bag with race bib, race shirt and hat.
6. Please confirm at this time that your name, age group and gender, are correct and/or take the action listed below.
7. You are allowed to pick up race participant packets for others, but you must have their bib number.

### **PACKET PICK UP TIME AND LOCATIONS!**

<b>October 10</b> Luke's Locker Downtown <b>10am-7pm</b> 1953 West Gray Houston, TX 77019 713.529.0786	<b>October 11-12</b> Luke's Locker Woodlands <b>10am-7pm</b> 9595 Six Pines, Suite 1060 The Woodlands, TX 77380 281.419.0326
<p style="text-align: center;"><b>RACE DAY Packet Pick-up</b>  <b>October 13</b> Market Street <b>5:30 a.m. - 6:30 a.m.</b>  <b>**THERE WILL BE NO PACKET PICK UP AFTER 6:30 AM RACE DAY!!**</b></p>	

### **Packet Items:**

These items should be given to you at packet pickup:

- ✓ Race Bag
- ✓ **Run Bib with B-Tag:** Your large number is to be worn on the run.
- ✓ Race Shirt \* *Please remember race shirt sizes cannot be switched at Packet Pick Up. Shirt included is the size requested when you registered.*
- ✓ Race hat
- ✓ Safety Pins.

\*\*Note: Do not perforate Bib Tag, on back of bib number, with safety pins!

**PLEASE CHECK to make sure you have received all the items before leaving Packet Pick Up.**

**If any information is incorrect, please fill out a correction form.**

### **RACE DAY INFORMATION**

**Saturday, October 13** -Race day is finally here! **What should I bring with me?**

Everyone needs different things. As a rule, you'll want to bring all your required race items; especially your bib, as it is your chip for timing! Aside from that, we recommend bringing some water or pre-race drink. Something small to eat that won't upset your stomach, a change of clothes for after and possibly some rain gear in case the weather gets bad. Also bring a recovery drink and some food. We will have food there, but it's a good idea to have something of your own to drink and eat just in case. We also suggest checking the weather ahead of time to know if you should dress up or down according to

heat/cold. You may want to bring sunscreen, a hat/visor, sunglasses, and nutrition such as Gu Packets and Fuel Belts if needed.

**Do not bring a pet, as pets are not permitted within Market Street.**

[Click here for race map.](#)

### Race Day Schedule of Events

5:00 a.m.	Parking opens at the Town Center Parking Garage (no parking in Market Street)
5:30 a.m.	Race Day Packet Pick up
6:00 a.m.	Bag Drop Opens
6:30 a.m.	<b>Race Day Packet Pick-up CLOSES</b>
6:50 a.m.	One 4 Texas Race Director Briefing and Stretching with Ace the Armadillo
7:00 a.m.	<b>One 4 Texas Kid's Fun Run begins</b>
7:25 a.m.	Invocation/Star Spangled Banner
7:30 a.m.	<b>10 for Texas Race Begins</b>
7:30 a.m.	Athlete's Food Tent opens
8:30 a.m.	Texas Sized Post Race Party Begins in Central Park at Market Street Featuring: <i>"The Texas Renegades"</i>
9:30 a.m.	AWARDS PRESENTATION
11:30 a.m.	Post-Race Party Ends

### One 4 Texas Kids Fun Run!



Thank you for participating in our 5th annual One 4 Texas Kid's Fun Run. This is a non-competitive run designed to promote fun and fitness for kids of all ability. Please have all participants at the start/finish line ten minutes prior to the start (7:00 am) of the fun run. Please review the course prior to race day. All participants will receive a commemorative event t-shirt and finisher's medal. Parents are welcome to join in and run with their children. If not, please designate a meeting place for after the race near the finish line.

#### Timeline:

- 6:45 a.m. – Head to the starting line to warm up and stretch with Ace the Armadillo!
- 6:50 a.m. – One 4 Texas Race Director Briefing and Stretching with Ace the Armadillo.
- 6:55 a.m. – Runners take your mark!
- 7:00 a.m. – Race starts.
- 7:30 a.m. – Post Race Party begins – take your child through the Athlete's Only Tent for Post Race Party fare and refreshments.

## **My child is running the One 4 Texas, what do I need to know?**

Much of the information is the same as 10 For Texas, such as registration, packet-pick up and post race party. What is different is the route (refer to the course map) and the time the race starts which is 7 a.m.

Parents please join us for stretches with Ace the Armadillo from 6:50 – 7:00 a.m. and meet our volunteer runners who will join your child/children on the course. Volunteers will also be placed at various locations throughout the course and can be easily identified by their Pink T-shirt.

The race will start at **7:00 a.m.** If you are running the 10 For Texas and would like to use this 1K jog with your child/children as your warm-up, please do so! This is a Fun Run, so whether you choose to run with your child or watch from the side lines, make sure to end together at the finish line to receive your medal and make your way to the Post Race Party!

### **10 For Texas Race Course**

The course is a USA Track & Field certified and sanctioned 10-mile course incorporating Woodlands Parkway, Lake Woodlands Drive and the Town Center area. The race will be monitored by the Montgomery County Sheriff's Department and Precinct 3 Constable's Office. Miles will be marked and runners will finish at Central Park in Market Street.

#### **NEW --Runners and walkers must maintain 16 minutes per mile to stay ahead of course closure.**

If a person is slower than this pace, the following will occur:

- The racer will be Disqualified and need to fill out a form.
- From start along Woodlands Parkway to Panther Creek, if a runner is not on pace, they will be diverted to the pathway system. However, they do have an option to be picked up, if they choose so.
- Along Woodlands Parkway from Panther Creek to Cochran's Crossing, if a runner is not on pace, they will have to be picked up by the Sag vehicle because there isn't a pathway this stretch of the route.
- From Cochran's Crossing at Woodlands Parkway along Lake Woodlands to the finish, if a runner is not on pace, they will be diverted to the pathway system. However, they do have an option to be picked up, if they chose so.
- Please join us back at the Post Race Party!

Click [Here](#) for a link to the Park & Pathway Map

All the roads need to be opened by 10:30 a.m. Refer to the website for maps of the race courses.



## Post Race Party

Music by The Texas Renegades and food and refreshments will be available to all race participants near Central Park at Market Street. Athletes are going to be able to access an “Athletes Only Tent” to get their food at the post race party. Show your race bib for entry. There will be several vendors that will be positioned at Market Street selling concessions for spectators.

*Athletes Only Tent* will close at 11:00 am.

**REFRESHMENTS** – Faust Distribution will be providing adult beverages after the race.

**POST RACE MASSAGE** – Post-race massages will be provided by Massage Envy near the Jaspers. Complimentary 10 minute massages will be available for athletes only after the race on a first come, first served basis.

## Chip Timing



Timing for this event will be handled by Run Houston Timing using the IPICO Bib Tag system.

## IPICO Bib Tag Instructions: (Please remove all old tags from previous races)

### IPICO Bib Tag Instructions for Participants:

- Always keep your Bib visible; do NOT remove or cover with a jacket
- **Do NOT excessively bend or twist the Bib Tag**
- Do NOT attach beside or under a zipper: metal has a negative impact on the Bib Tag
- Do NOT wear on your back or side, or around your arm or leg
- **Do not perforate the Bib Tag.** (Do not put a safety pin through the tag)
- Always remember that the mat must ‘see’ the number when you cross the finish line
- Do NOT separate the Bib Tag from the Racer number
- Have a great run!!

## Restrooms

There will be restroom facilities at Miles 2 and 6, plus 20+ portable restrooms in the race site in the parking lot near Orvis. There are also restrooms Market Street in the South Commons and near Starbucks and Cold Stone Creamery.

There are three parks along Lake Woodlands Drive (Shadowbend Park, Meadowlake Park and Northshore Park) that also have restrooms

## Hydration Stations

Water and PowerAde Sports Drink will be at the start/finish and an additional five (5) Hydration stations throughout the route at approximately two mile intervals at Mile 2, 4, 6, 8 and 9. In addition to water



and sports drink, Mile 6 will have bananas. There will be water and other beverages at the Post Race Party.

## Photography

View your race photos online at [www.raceshots.net](http://www.raceshots.net). All photos will be available for quick, easy on-line purchase. Photos will be online within three days of the event. Questions, contact the raceshots.net staff at [orders@raceshots.net](mailto:orders@raceshots.net)! Please send any photos you have taken at our events directly to us via Email ([races@thewoodlandstowship-tx.gov](mailto:races@thewoodlandstowship-tx.gov)).

## Inclement Weather

This is a rain or shine event; however, in the event of conditions that may cause an unsafe environment for the racers, the Race Director may postpone the start of the race until it is safe for the participants.

In the event of bad weather, we will do everything in our power to continue with the event. Remember that thunder and lightning delay the start by 20-30 minutes each time we see/hear it. We will delay as long as we can. If the bad weather persists we “may” have to cancel the entire event. WE WILL DO OUR BEST TO HAVE THE EVENT NO MATTER WHAT. Please know that complete cancelation is very rare, but DOES happen from time-to-time. In the nine years the Parks and Recreation Department has been producing races, we have never cancelled a race, but have had to modify the race in order to open the roads on time.

## Awards

Award presentation begins at 9:30 a.m. at the stage. Pictures will be taken with **ACE the Armadillo** at the backdrop to the right of the stage. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Place will be announced in each age group category; however 2<sup>nd</sup> and 3<sup>rd</sup> place, please head to the Awards Table and Back Drop area for your picture with ACE the Armadillo.

### Award Presentation Order:

Award Order	Division	Award Order	Division
1	Female Overall	17	Female 45-49
2	Male Overall	18	Male 45-49
3	Female Master Overall (age 40 – 49)	19	Female 40-44
4	Male Master Overall (age 40 – 49)	20	Male 40-44
5	Female Grand Master Overall (age 50 and over)	21	Female 35-39
6	Male Grand Master Overall (age 50 and over)	22	Male 35-39
7	Female 70+	23	Female 30-34
8	Male 70+	24	Male 30-34
9	Female 65-69	25	Female 25-29
10	Male 65-69	26	Male 25-29
11	Female 60-64	27	Female 20-24
12	Male 60-64	28	Male 20-24
13	Female 55-59	29	Female 15-19

14	Male 55-59	30	Male 15-19
15	Female 50-54	31	Female 14 and under
16	Male 50-54	32	Male 14 and under

All participants that cross the finish line will receive finisher medals.



## FAQs

### Can I listen to a music device while I run?

It is strongly suggested that you do NOT have anything impairing your ability to hear your surroundings. You may need to avoid a dangerous situation and headphones would definitely put you at an elevated risk.

### Is pacing allowed by outside non-registered participants?

Absolutely not! Any non-registered pacers will be stopped immediately and the person they are pacing will be disqualified.

### May I use my own timing chip instead of the provided disposable timing tag?

No, all race participants will receive a B-Tag for the race which is on your bib. You do not need to turn it in after the race.

## Our Title Sponsor

### Memorial Hermann The Woodlands Hospital - Breakthroughs Everyday for 25 years

Memorial Hermann The Woodlands Hospital has provided high quality, patient- and family-centered care. The 252-bed hospital continues to grow and features a robust Sports Medicine and Rehabilitation program. The program includes orthopedics, physical, occupational and speech therapy, the Athletic Republic™ sports performance enhancement program, and sports massage. Additionally, Memorial Hermann 24-hour Emergency Care, an extension of Memorial Hermann The Woodlands, provides emergency care, imaging and lab services in a convenient neighborhood location at 9950 Woodlands Parkway, just before FM 2978, across from Walmart. TIRR Memorial Hermann and Children's Memorial Hermann hospitals provide superior affiliated care for those special care needs. Over the years, Memorial Hermann The Woodlands' community involvement has included its first aid sponsorship of events such as the CB&I TRI The Woodlands, Memorial Hermann 10 for Texas, Spring Fever 5K, Muddy Trails Bash 5K/10K, and Memorial Hermann Ironman Texas. While these events are fun, there is always a chance for an accident or injury. As a result of these sponsorships, the hospital has become much more experienced and is dedicated to ensuring the safety of event participants, volunteers and spectators.

Increased collaboration with the Montgomery County Sheriff's Office, The Woodlands Fire Department and EMS has enhanced Memorial Hermann's medical expertise.

## Our Producers

### The Woodlands Township - Parks & Recreation

*Vision:* We will keep the hometown vision alive and lead the community in perpetuating the values that make The Woodlands the most desirable community in which to live and work.

*Mission:* We provide our members superior services, representation, programs and amenities to preserve the vision and enhance the quality of life that attracted all of us to The Woodlands.

*Values:* Preserve the natural environment and master plan. Promote safe and healthy neighborhoods. Provide attentive service with the best value. Foster a sense of community.

**LUKE'S LOCKER** is a family-owned business that began in Dallas, Texas, over 25 years ago. In the Houston Area, Luke's Locker stores are located in the River Oaks Center on West Gray and now in The Woodlands. Luke's is a specialty store focusing on running, multi-sport, and fitness apparel and shoes. They train their staff to offer the best in foot evaluation to ensure you make the right decision on what shoe is best for your foot type. Call 713.419.0326 or visit [www.lukeslocker.com](http://www.lukeslocker.com) .

## Special Thanks to Our Sponsors and Volunteers

Thank you to our sponsors and the countless volunteers for your participation, dedication and contributions in making the 2011 Memorial Herman 10 for Texas and One 4 Texas a successful event. Without you, this race would not be possible.

**Official Sponsors** - [Luke's Locker](#), [Memorial Hermann Sports Medicine and Rehabilitation](#),; [Finish Strong](#), [CB&I](#), [The Strong Firm](#), [Massage Envy](#), [My Fit Foods](#), [Corporate Incentives](#); [Homewood Suites](#)

**Supporting Sponsors** –[Market Street](#), [Munday Chevrolet](#), [Coca-Cola](#), [HEB](#), [Faust Distributing](#), and [Saucony](#)

## A note to our participants

Thank you again for joining us in the Memorial Herman 10 for Texas and One 4 Texas. Without your support, this race would not be possible. Please remember to take the time to thank the volunteers and sponsors. The Woodlands Township Parks and Recreation Department and Luke's Locker wish all participants the best of luck.